



# “The Ammonite”

October 2019

**Lewes Pole Vaulters** Emilie Oakden (below) and Gemma Tutton (right) are two of just twelve athletes who have been invited, along with their coach Rick Pilling, to an England Athletics National Jumps workshop in October. The invitees include Holly Bradshaw UK senior record holder, the top five UK senior male vaulters, the top two U17 female vaulters, the top U17 male and U15 male vaulter

These selected athletes have been invited on the back of a successful season and a future potential to represent England at a Commonwealth games. Congratulations!



## South of England Relays- Michael Usher

Our V50s team had an enjoyable day out at the South of England road relays at Crystal Palace on 22<sup>nd</sup> September. The 4 man team, who each ran 6100m, came 6th out of 24 teams. The team was Michael Usher, Jonathan Burrell, Rick Curtis and Lewis Sida, pictured below, as he was finishing strongly on the final leg, having made up three places.



## England U15 & U17 age group championships; Bedford on 31<sup>st</sup> August/1<sup>st</sup> September – Rick Pilling

These were our Lewes AC results:

Jack Palmer U15B 2nd in heat of 300m in 38.69 and 4th in Semi-final of 300m in 39.12

Gemma Tutton U15G Gold medal in Pole Vault clearing 3.51m

Amelia Hatchard U15G Bronze medal in Pole Vault clearing 3.31m PB

Emilie Oakden U15G 4th in PV clearing 3.31m

Maddy Bullen U15G 9th in PV clearing 2.81m

Charlotte Sida U15G 4th in PV pool with 2.61m PB

Mena Powell U15G 5th in PV pool with 2.61m

Hannah Russell U15G 8th in PV pool with 2.61m

Beatrice Osman-Allu 12th in PV pool with 2.41m

## **Sussex Grand Prix Series**

Bexhill 5k Series Wednesday 31<sup>st</sup> July 2019

This was an event in the older and wider series of SGP races which has been reintroduced this, partly to increase the range of distances in the competition. It's a nice interesting setting for a race but the start time of seven o'clock in the evening makes it quite a challenge to get there from Lewes – let alone from more distant West Sussex locations – along the rush hour A27. The Lewes AC members who managed this included

Position	Runner	Category	Time (from gun)
6	Chris Gilbert	MV45	00:17:21
18	Robert Cooper	MV40	00:18:14
37	Ben Hodgson	MV45	00:18:58
67	David Prince- lles	MV65	00:20:41
131	Ian Hilder	MV55	00:23:15

Bob Hughes competed but had a problem with the placement of the chip bracelet leading to no score being recorded, and Karin Divall had to retire hurt.

John Faulds Hellingly 10K Sunday 8th September 2019

This is one of my favourite races with a typical Sussex rural setting and an undulating course with a fast downhill final section. Unfortunately I was in the Loire valley at the time.

Position	Runner	Category	Time (from gun)
3	Chris GILBERT	MV45	00:36:09
22	Robert COOPER	MV40	00:39:06
111	Ian HILDER	MV55	00:48:39

The next SGP event is our very own Lewes 10 miles next weekend (6<sup>th</sup> October). I will give an update on the overall SGP league positions after that race.

Bob Hughes

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## **Not strictly athletics but a great sporting achievement- Dave Leach**

Most of you will not have heard of Joscelyn Lowden, but she is/was one of the athletes I have coached for nearly 20 years, running for Sussex when she was a teenager as well as a senior in her mid-twenties. Unfortunately an injury forced her to stop running and so she took up cycling about 4 years ago. In 2017 she won the national hill climb championship and in the last 2 years has been riding for semi pro teams.

Well today was the highlight so far as she rode for Great Britain in the world champs in Harrogate as part of the mixed team [3 men 3 women] time trial. Starting 4th of the 11 teams Joscelyn did a lot of hard work on the hilly first part of the 14km course and helped her team finish in 1st place and they stayed there until the last 2 teams finished [Germany and Holland] Holland winning Germany 2nd and GB gaining a fantastic Bronze Medal.

Although it's not track and field it's still the 2nd athlete I have coached that has competed for Great Britain after Rob Mullett.

## Cross Country

Now that we have finished our track and field season, it is time to look forward to the cold windy, rainy, muddy events that we all love.

### Sussex Cross Country League – Peter Masters

The dates to put in your diary and to make every effort to run are as follows

- Sussex Cross Country League – Match one – Saturday 12th October 2019 – Goodwood
- Sussex Cross Country League – Match two – Saturday 9th November 2019 – Lancing Manor
- Sussex Cross Country League – Match three – Saturday 30th November 2019 – Stanmer Park
- Sussex Cross Country League – Match four – Saturday 8th February 2020 – Bexhill

### Sussex Championships

- The Sussex Cross Country Championship Relays – Goodwood – Saturday 28th September 2019.
- The Sussex Cross County Championships – 4th January 2020 – Little Common Bexhill (Please note Under 17 & Under 20 women to run in the same race – individual and team medals for both age groups)
- The Sussex Masters Championships – 18th January 2020 – Coombe Farm, Lancing

Please make every effort to turn out for the club in these events. For further details and to let them know that you can run please contact the following team managers.

For the senior men please e-mail Matt Bradford on [mrxmastree79@gmail.com](mailto:mrxmastree79@gmail.com)

For senior and veteran women please e-mail Helen Sida on [helen@sida-uk.org](mailto:helen@sida-uk.org)

For junior and veteran men please e-mail Dave Leach on [davebmclewes@gmail.com](mailto:davebmclewes@gmail.com)

Over to you all – let's have a great turn out in this League and Championships and show what Lewes AC can do.

### Sussex County Road Relay Championships Results - Dave Leach

The 2019/20 Cross Country season kicked off on 28<sup>th</sup> September with these champs and some great successes for Lewes AC.

The u15 girls and boys both won silver medals. Then to cap off a really good day the u17 men won gold and so did the v40 men. Full details will be available in the next Ammonite! *(Ps if anyone took any photos please could you email them to me for the newsletter).*

### And we now have the dates for the **East Sussex Sunday Cross Country League 2019-20**

There are junior races for 8-16 years, and these are followed by the senior races (17 and over).

Sun 13th October 2019 - Ashdown Forest

Sun 10th November 2019 - Blackcap - Lewes

Sun 15th December 2019 - New Place Farm, Framfield

Sun 2nd February 2020 - Heathfield Park

Sun 16th February 2020 - Bodiam (The Hub Bodiam new course) TBC

Sun 8th March 2020 - Pett

## Calendar of future events

<b>October</b>		
Sun 6 <sup>th</sup>	Lewes Downland 10 and 5 mile races Lewes AC very own races. If you can't race then please come and help.	<a href="https://www.lewesac.co.uk/events/downland-runs">https://www.lewesac.co.uk/events/downland-runs</a>
Sat 12 <sup>th</sup>	Sussex Cross Country League [1] Goodwood	<a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>
Sun 13 <sup>th</sup>	Ashdown Forest ESSXCL Race 1	<a href="https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</a>
Sun 20 <sup>th</sup>	Hove Prom 10k Run Store Sussex Road Race Challenge	<a href="https://www.nice-work.org.uk/races/hove-prom-10k">https://www.nice-work.org.uk/races/hove-prom-10k</a>
<b>November</b>		
Sat 9 <sup>th</sup>	Sussex Cross Country League [2] Lancing Manor	<a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>
Sun 10 <sup>th</sup>	Blackcap, Lewes ESSXCL Race 2	<a href="https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=essccl+signup+and+lift+share</a>
Sun 17 <sup>th</sup>	Brighton 10k Run Store Sussex Road Race Challenge	<a href="https://brighton10k">https://brighton10k</a>
Sun 24 <sup>th</sup>	Crowborough 10K Sussex Grand prix	<a href="https://crowboroughrunners.org.uk/crowborough-10k/">https://crowboroughrunners.org.uk/crowborough-10k/</a>
Sat 30 <sup>th</sup>	Sussex League Cross Country [3] Stanmer Park.	<a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>
<b>December</b>		
7 <sup>th</sup>	SEAA Masters & Inter Counties XC Horspath, Oxford	
<b>January 2020</b>		
Sat 4 <sup>th</sup>	Sussex Cross Country Champs @ Bexhill	<a href="https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share">https://wiki.lewesac.co.uk/tiki-index.php?page=sccl+signup+and+lift+share</a>
Sat 25 <sup>th</sup>	South of England Champs @ Parliament Hill Hampstead heath London.	

Please send all your contributions, large and small, photos and/or text, to Karin Divall by 27<sup>th</sup> October for the next (November) newsletter. Thank You! [karincalliafas@btinternet.com](mailto:karincalliafas@btinternet.com)